

## The Latest News From MCDPH - November 2018

Dear Colleagues;

Diabetes is a global public health challenge! It is a leading cause of both death and disability worldwide. In 2014, the World Health Organization (WHO) reported that globally there are **422 million people with diabetes**. That's the equivalent of the entire population of the United States, Canada and United Kingdom combined. Despite these alarming statistics, many in public health and health care are unaware of the current diabetes prevalence. As a public health workforce, it's exceedingly important for us to share the data, resources, and tools as knowledge of the disease and its risk factors can lead to enhanced prevention and improvements in health for all people.

November is National Diabetes Month and we are highlighting important initiatives taking place here at MCD Public Health, throughout the U.S., and across the globe. Learn about what's happening in **your state**.

As always, we hope you find our newsletter helpful and we look forward to connecting with you in December.

Best Regards,  
*Danielle Louder & Elizabeth Foley*  
Co-Directors, MCD Public Health

## November is National Diabetes Month

November is National Diabetes Month and this year, the focus is on promoting health and wellness after gestational diabetes. Gestational diabetes is a type of diabetes that is developed during pregnancy. If a pregnant woman develops gestational diabetes, this leads to an increased risk of type 2 diabetes later in life, for both the mother and child.

The first step in diabetes prevention is to understand risk. If you've had gestational diabetes, it's important to be tested for type 2 diabetes within 12 weeks of giving birth and be sure to tell your child's doctor that you had gestational diabetes. Lastly, take charge of your health.

Remaining active and incorporating a healthy diet into your lifestyle can prevent or delay the development of type 2 diabetes.

For more information on National Diabetes Month or gestational diabetes, [click here](#).

About **50%**  
**of women with**  
**gestational diabetes**  
**go on to develop**  
**type 2 diabetes.**



## RISK FACTORS FOR TYPE 2 DIABETES:



BEING  
OVERWEIGHT



HAVING A  
FAMILY HISTORY



HAVING DIABETES  
WHILE PREGNANT  
(GESTATIONAL DIABETES)



## MCD's Role in Diabetes Prevention & Treatment

### Telephonic Diabetes Education & Support Program

**Telephonic Diabetes Education and Support Program**® (TDES<sup>®</sup>) is a voluntary self-management program designed by MCD to offer traditional diabetes education via the telephonic modality, in partnership with local certified diabetes self-management educational programs.



This program is carried out in collaboration with employers who offer this to employees, early retirees, and adult dependents. Incentives include waiver of pharmacy copayments for diabetes medications and supplies. Their third party administrators provide direct reimbursement to diabetes programs that provide services.

[Click here](#) for more information on TDES<sup>®</sup>.

### CHW Online Training Modules



Reminder: As part of the Community Health Workers and Chronic Conditions Training Program, MCD Public Health offers modules on prediabetes and diabetes in both English and Spanish. The trainings focus on diabetes prevention, management and self-management

For more information, [click here](#).

## MCDPH Presents at the New England Rural Health Conference

MCD Public Health had a strong presence at the 2018 New England Rural Health Conference, held on November 7-8 at Sunday River Resort. As always, the New England Rural Health Association team created a highly relevant agenda that was completely focused on rural health, and included a broad scope of issues and opportunities for enhancing rural health access and outcomes, including key focus areas such as substance and opioid use disorders, and a Federal Panel which highlighted progress and resources for

enhancing rural health systems moving forward. MCDPH team members presented on various topics, ranging from suicide prevention in Maine, to addressing substance use in pregnant women, to using **Project ECHO**® to improve rural health systems.

To learn more about the conference agenda and view the presentations, [click here](#).



Robin Hetzler, Suicide Prevention Coordinator presents on Communities of Care.

## Maine Moves Forward with Medicaid Expansion



### Public Notice: Office of MaineCare

The State of Maine, Department of Health and Human Services released a public notice on Monday, November 19th stating its intent to submit a State Plan Amendment to define the Alternative Benefit Plan that will be used to allow expansion of Medicaid eligibility. Eligibility would be expanded to people aged 19-64 with incomes at or below 133% of the Federal Poverty Level who are not enrolled or eligible for Medicare. The Maine DHHS plans to submit the plan amendment no later than December 31, 2018.

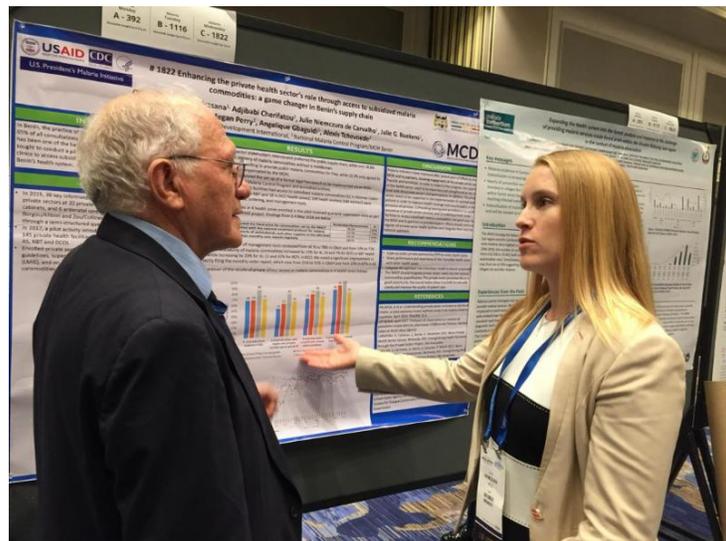
To read the full public notice, [click here](#).

## News From the Nation and Abroad

### MCD International Has Large Presence at 2018 ASTMH Meeting

Medical Care Development International (MCDI) is pleased to announce that 26 abstracts were presented as either oral or poster presentations at the 2018 American Society of Tropical Medicine and Hygiene Annual (ASTMH) Meeting. The meeting, which draws tropical medicine and global health professionals from around the world was held in New Orleans from October 28 to November 1.

MCDI staff presented on



a variety of topics ranging from the results of recent malaria vaccine trials, cervical cancer screening and treatment programs, vector control initiatives to prevent Zika in Central America, to performance-based financing program in Lesotho. The scientific findings presented represent the work of MCDI's renowned team of experts in their fields. 25 of the abstracts were presented during poster presentation sessions and one was presented as an oral presentation. Pictured above is MCDI's Julie Niemczura presenting a poster on enhancing the private sector's role through access to subsidized malaria commodities in Benin.

To view all abstracts, [click here](#).

## Meet Our New Team Member



Jess Breithaupt is the new Project Coordinator for Healthy Lincoln County, where she will be focusing on substance use prevention in the community. Her role involves building local-stakeholder relationships to implement community-wide interventions intended to reduce young peoples' access to and use of alcohol, marijuana and prescription drugs. Previously she worked as a Project Manager for a financial services company where she was responsible for the creation and implementation of career path

programs and staff trainings. Jess is a musician, and shares a love of music with her 11-year-old son, as well as her love for nature.

## Join Our Team

MCD is seeking talented individuals for both domestic and international positions:

### Domestic Public Health



[Click here](#) to see more opportunities.

### International Public Health



[Click here](#) to see more opportunities.

## Upcoming Events

**World Aids Day - December 1, 2018** - Nationwide. For more information on how to participate, [click here](#).

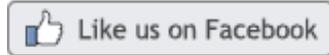
**APHA Policy Action Institute - February 6, 2019** - Washington, DC. For more

information and to register, [click here.](#)

**2019 NNPHI Annual Conference - May 20-22, 2019** - Washington, DC. For more information, [click here.](#)

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**Join Our Team**

